

APRIL 2023



MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE! By 12:00PM
(925) 771-7641

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/3 Pork Roast w/Gravy over Confetti Brown Rice c Fiesta Vegetables Cream of Cauliflower Soup Seasonal Fresh Fruit Ice Cream	4/4 Oven Fried Chicken Drumsticks <u>Whipped Yams</u> c Broccoli Whole Wheat Roll w/Butter Seasonal Fresh Fruit	4/5 Turkey Enchilada Casserole w/Salsa c Cauliflower Cilantro Slaw w/Carrots Peaches	4/6 Meatloaf w/Gravy c Mashed Potatoes Green Beans Whole Wheat Roll w/Butter Applesauce	4/7 Breaded Fish Sandwich w/Cheese and Tartar Sauce Corn Chowder <u>Carrot Slaw</u> WW Hamburger Bun c Mandarin Oranges
4/10 + Baked Ham w/Pineapple Raisin Sauce <u>Collard Greens</u> c Whipped Potatoes Whole Wheat Roll w/Butter Seasonal Fresh Fruit Frosted Cake w/Sprinkles	4/11 Ginger Pepper Beef over Brown Rice <u>Glazed Carrots</u> Green Peas c Mandarin Oranges	4/12 Teriyaki Chicken over Asian Brown Rice Bok Choy Soup c California Vegetables Seasonal Fresh Fruit Cookie	4/13 Taco Salad w/Ground Turkey Shredded Cheese Mixed Greens Salsa & Ranch Dressing Tortilla Chips Corn Chowder c Tropical Fruit	4/14 Swedish Meatballs over Herbed Pasta <u>Spinach</u> Whole Wheat Roll w/Butter c Citrus Fruit
4/17 Beef Pasta Bake <u>Spinach</u> Marinated Beets and Onions Whole Wheat Roll w/Butter c Mandarin Oranges	4/18 Pork al Pastor w/Salsa over Spanish Brown Rice Whole Kernel Corn c Cilantro Slaw w/Carrots Seasonal Fresh Fruit Brownie	4/19 + Seafood Louie Salad w/Mock Crab and Thousand Island Dressing Split Pea Soup Whole Wheat Roll w/Butter c Citrus Fruit	4/20 Chicken Piccata over WW Spaghetti Minestrone Soup <u>Italian Vegetables</u> c Fresh Orange	4/21 Turkey Shepherd's Pie c w/Mashed Potatoes <u>Bean Medley</u> Whole Wheat Roll w/Butter Peaches Pudding
4/24 Chicken Mole over Brown Rice Pinto Beans Green Salad w/Dressing c Fresh Orange	4/25 Breaded Fish w/Lemon and Tartar Sauce Clam Chowder <u>Mixed Vegetables</u> c Whipped Potatoes Whole Wheat Roll w/Butter Seasonal Fresh Fruit	4/26 Turkey Bolognese over WW Spaghetti Butternut Squash Soup c Fiesta Vegetables <u>Carrot Raisin Salad</u> Seasonal Fresh Fruit Cookie	4/27 Salisbury Steak w/Onion Gravy c Mashed Potatoes <u>Scandinavian Vegetables</u> Whole Wheat Roll w/Butter Pears Ice Cream	4/28 Pork Chili Verde over Brown Rice c Winter Vegetables Whole Kernel Corn Cinnamon Sliced Apples

NOTES

All meals served with lowfat milk.

— Vitamin A
c Vitamin C

+ Higher in sodium
^ Dessert of Choice